Welcome Students!

Welcome back new and returning students to a new spring 2008 semester. The Health Science Graduate Association (HSGA) is committed to providing graduate students in the Health Science Department of California State University, Long Beach (CSULB) with an organization that will improve communication between its students, faculty, and professors in seeking for methods to improve the health of the American people by the country's future health professionals.

The association wishes to make your job easier as graduate students, at CSULB. Being a member of this organization includes a variety of options. As a member, our organization will provide you with a chance to earn CHES units, gain resources, health news, on-campus events, information on the Health Science Department, networking with faculty and much more.

Fellow peers and I want to wish everyone the best in your classes and on the comprehensive exam. Please take advantage of this opportunity of becoming a member of the HSGA.

Thanks so much,
--Sarah Long, President

Health News

American Heart Month – February 2008.

According to CDC, Morbidity and Mortality Weekly Report, February is American Heart Month. Heart disease is the leading cause of death in the United States. Women account for 47.1% of deaths related to heart disease. The weekly report stated that in 2005, there was an estimated 1.6 million persons in the United States were living with coronary heart disease, and 8.1 million reported ever having had a myocardial infarction (i.e., heart attack). Although the major heart attack signs and symptoms are similar for men and women, women are more likely to experience the less common symptoms and delay seeking emergency treatment. Receipt of prompt, appropriate treatment greatly increases the chance of surviving a heart attack. CDC funds heart disease and stroke prevention programs in health departments in 33 states and the District of Columbia. For more information visit: http://www.cdc.gov/mmwr/mmwr_wk.html.
Health News

“Lack of folic acid dementia link.”

Dementia is three times more common in people whose blood is low in folates, a form of vitamin B particularly found in green vegetables. According to the Journal of Neurology, Neurosurgery and Psychiatry, a study followed 518 South Korean pensioners for two years. There is growing evidence linking levels of folates or folic acid and Alzheimer’s disease, deficiency could be a symptom of dementia. For more information visit: http://news.bbc.co.uk/2/hi/health/7226872.stm

“Unborn twins kicked out cancer.” According to BBC news, a mother who found she had a tumor while pregnant was saved by her unborn twins’ kicking, doctors have said. Michelle Stepney developed a tumor but was only diagnosed with cervical cancer when she was taken to hospital with a suspected miscarriage. But doctors found her twins’ kicking had dislodged the tumor. For more information visit: http://news.bbc.co.uk/2/hi/uk_news/england/london/7226730.stm

New Health Science Department Staff

Cindy Gotz, MPH, currently teaches Global Health Systems and the accelerated version of Health Care System for the Health Care Administration program. Cindy also teaches Human Sexuality in the Health Science department. She has a BA from CSU Dominguez Hills and a MPH from CSULB. She will be finishing up her HCA certificate in the fall here at CSULB. She is on the board of SOPHE, a member of HFMA, APHA and SCPHA. She is also the board secretary for the inaugural board of trustees for the new Ronald McDonald House in Long Beach.

Cristina Mosqera, MPH, CHES, currently teaches Human Sexuality HSC 425 at CSULB. She has her undergraduate degree in Health Science and her Masters in Public Health from CSULB. She has worked for the CSULB Center for Healthcare Innovation for several years, and is currently working on the Tobacco Free Communities Project.

Events

February
- Social event/networking
- Tuesday, 26th Health Fair in USU
- Possible guest speaker
- HSC 420I: International Health class on-site in Cambodia and Viet Nam Summer Session III, 2008 Travel dates: August 6-20, 2008. For more information visit the Informational Meeting Wednesday, 27th, 1:00 -2:00 PM, HHS-1, 205.

March
- 8th Homecoming - Health Fair in the Community
- 13th, 6:30 p.m. Donald P. Laura, Wellness Lecture. “Alzheimer’s: Hope on the Horizon.” Dr. Laura Mosqueda (UCI Medical School and first Ronald W. Reagan Endowed Chair in Geriatrics). At the Pointe, Pyramid, Free and open to the public. For more information visit: http://www.csulb.edu/projects/odyssey.

April
- Study groups for comp exam or CHES
- Free tutoring sessions (Statistics, Epidemiology, Health Care)
- Annual SOPHE meeting
- Community Intervention
- 26th, Kaleidoscope

May
- Graduation ceremony/ Celebration
- 15th-17th, “Cancer, Culture & Literacy.” Conference held in Florida. www.moffitt.org/continuinged
Resources

Scholarships:
SOPHE Student Travel Support Scholarship
The 11th Annual Health Education Advocacy Summit March 15-17, 2008 in Washington, DC.

Volunteer Opportunities:
Hospital Disaster Management Training. Volunteers needed to play disaster victims! Training dates are Tues-Wednesday, March 4-5th, 2008 and Mon-Tues, May 19-20, 2008. Register or for more information please contact: Sue Montierth, smontierth@pih.net, 562-698-0811 ext.2630

Community Alliance Network

Student Health Services:
Services and Programs at the HRC
The Health Resource Center offers HIV Testing & counseling. Call (562) 985-4609. If you need to make an appointment to see a medical professional, please call (562) 985-2727.

Study Room!
By being a part of HSGA, you are given the opportunity to have a study room. Room 307, in the USU will be available for your convince every Thursday from 3:30-5:00.

Website
We are on the Web! Please visit the link listed below for more information and copies of previous newsletters.

http://www.csulb.edu/org/college/hsga/

Pictures
Membership Application
Please print legibly or type all information.

Name: ____________________________________________
   Last     First     Middle Initial

Work Organization: ______________________________________

E-mail: ____________________________

Please e-mail or mail this completed application to:

Health Science Graduate Association (HSGA)
Health Science Department
California State University, Long Beach
1250 Bellflower Blvd.
Long Beach, CA 90840